



# HOCKEY CANADA CORE SKILLS

## PEEWEE



Moving Passing and Receiving	Snap Shot	Slap Shot	Tips and Deflection	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone
<ul style="list-style-type: none"> <li><input type="checkbox"/> Moving saucer pass - backhand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> One timer</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> One timer</li> <li><input type="checkbox"/> In motion</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Shot / pass deflection – forehand &amp; backhand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chip pass</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ladder</li> <li><input type="checkbox"/> Jackhammer</li> <li><input type="checkbox"/> Counter attacks</li> </ul>

Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Neutral Zone	Breakouts	Offensive Zone	Forechecking
<ul style="list-style-type: none"> <li><input type="checkbox"/> Change point of attack</li> <li><input type="checkbox"/> Drag &amp; shoot</li> <li><input type="checkbox"/> Sprint &amp; shoot</li> <li><input type="checkbox"/> One timers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pinning</li> <li><input type="checkbox"/> Body checking</li> <li><input type="checkbox"/> Shot block</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Role of F1</li> <li><input type="checkbox"/> Role of F2</li> <li><input type="checkbox"/> Role of F3</li> <li><input type="checkbox"/> Role of D1</li> <li><input type="checkbox"/> Role of D2</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Wheel option</li> <li><input type="checkbox"/> Quick up</li> <li><input type="checkbox"/> Over</li> <li><input type="checkbox"/> D turnback</li> <li><input type="checkbox"/> D to D reverse</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chips</li> <li><input type="checkbox"/> Cycle</li> <li><input type="checkbox"/> Back of net play</li> <li><input type="checkbox"/> Changing the point of attack</li> <li><input type="checkbox"/> Defenseman activation options</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> OZ 1-2-2 – contact</li> <li><input type="checkbox"/> OZ 2-1-2 – contact</li> </ul>

Special Teams	Face-Offs	Stretching
<ul style="list-style-type: none"> <li><input type="checkbox"/> Power play</li> <li><input type="checkbox"/> Penalty kill</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Defensive zone loss</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Glutes / hip / lower back</li> <li><input type="checkbox"/> Thigh / hip flexor</li> <li><input type="checkbox"/> Calf stretch</li> <li><input type="checkbox"/> Hamstring / lower back</li> <li><input type="checkbox"/> Thigh / quad stretch</li> <li><input type="checkbox"/> Groin stretch</li> <li><input type="checkbox"/> Chest / pectoral stretch</li> <li><input type="checkbox"/> Trunk / shoulder</li> <li><input type="checkbox"/> Forearm stretch</li> <li><input type="checkbox"/> Neck flexion / rotation</li> </ul>